

MEDICAL PRESCRIPTION

PATIENT INFORMATION		DOCTOR INFORMATION	
Patient Name:	Tejas redkar 3	Doctor Name:	Sasmita Pradhan
Patient ID:	PATPAT001	Doctor ID:	DOCADM003
Age/Gender:	30 years / Male	Specialization:	General Medicine
Phone:	+919000000004	Registration No:	N/A
Email:	contact@diracai.com	Phone:	+919000000101

VITAL SIGNS

Pulse Rate:	82 bpm
Blood Pressure:	145/95 mmHg
Temperature:	36.8°C
Weight:	78.5 kg
Height:	172.0 cm

DIAGNOSIS

Primary: Hypertension Stage 2 with Diabetes Type 2
Secondary: Mild obesity and hyperlipidemia

PRESCRIBED MEDICATIONS

S.No.	Medicine Name	Dosage (M-A-N)	Frequency	Duration	Instructions
1	Amlodipine	1-0-0	Once Daily	30 days	Take after breakfast. May cause mild dizziness.
2	Metformin	1-0-1	Twice Daily	30 days	Take with food to avoid stomach upset.
3	Atorvastatin	0-0-1	Once Daily	30 days	Take at bedtime. Avoid grapefruit juice.

4	Aspirin	1-0-0	Once Daily	30 days	Take after breakfast. Stop if bleeding
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PATIENT INSTRUCTIONS

General Instructions: Take all medications regularly as prescribed. Monitor blood pressure twice daily. Check blood sugar levels before meals and at bedtime.

Diet Instructions: Low sodium diet (<2g/day). Diabetic diet with controlled carbohydrates. Avoid processed foods and sugary drinks.

Lifestyle Advice: Regular aerobic exercise 30-45 minutes daily. Quit smoking completely. Practice stress management techniques. Maintain healthy weight.

FOLLOW-UP PLAN

Next Visit: After 3 weeks

Follow-up Notes: Monitor for any side effects. Report immediately if experiencing dizziness, chest pain, or severe headache. Schedule lab tests for kidney function and lipid profile.

PRESCRIPTION STATUS: FINALIZED